

Healthy STEPS

Preschool Parents Newsletter



Compliments of The Parent Child Connection Assiniboine North Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette Gravel-Ouellette at agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information

We are still figuring this out!

With the Covid situation many of us have learned how to adapt somewhat and are wearing masks and know to keep out physical distance. It maybe still a challenge for our younger population to understand why they can play like they used to.

Ways to help younger ones to feel supported are still the same foundations that they were before.

Like



Make sure to cut these in 1/2 so they are not a choking hazard !

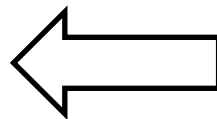
In a small bowl mix together yogurt and jam and the spread evenly over tortilla and place bananas along the edge and roll up!

MAKE A RAINBOW BREATHING

- Arms start at the side of your body.
- Arms go up as you breathe in and go down as you breathe out (arms make a rainbow).



- ♦ *Make a Schedule Kids benefit from knowing what to expect throughout the day. It makes them feel safe.*
- ♦ *Keep our stress levels down and do things to reduce your own stress like keeping things simple.*
- ♦ *Regular meal times and as much as possible doing it together without screens helps us connect for real!*
- ♦ *Get outside and get some fresh air and some movement! Walking, exploring, bike riding.*
- ♦ *Do your own self care and breathing deeply to calm yourself when things come up (they always do!)*



ONLINE PROGRAMS AVAILABLE

Please contact us or see us on Facebook as it is evolving

Upcoming online programs are:

- ⇒ Positive Discipline for Everyday Parenting
- ⇒ Grandparents & Now
- ⇒ Parenting in Recovery
- ⇒ Circle of Security Parenting

Virtual Meetings by MS Teams












If you would like to have support to help you navigate? Just give us a call and we will walk you through it.

On Line programing still happening

Coming this fall again Carberry Rhyme Time

Minnedosa
Together We Can

Russell Mothers Helping Mothers
Contact us for links

Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk	Helps you understand and manage anxiety.
	Happy Healthy	www.happyhealthyapp.com	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	www.stopbreathethink.org	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	https://7minuteworkout.jnj.com/	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	www.dailyyoga.com	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Stom	http://calminthestomapp.com	Coping with the stresses of life.
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	https://dailygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	http://viha.ca/cyf_mental_health/boosterbuddy	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	www.stresshacks.ca	Provides information to explain stress and help you to manage it.
	Be Safe	https://mindyourmind.ca/interactives/be-safe	Allows individuals to develop a Safety Plan.
	Kids Help Phone	http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHgAodgAOHlow	Free 24 hour phone and web counselling for ages 20 and under.
	HEADSPACE	www.headspace.com	Free: Meditation made simple in just 10 minutes a day.
	Recovery Record		Recovery Road is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, and binge eating disorder. This app is also intended for people with general eating, weight and shape concerns. It allows users to log their meals and snack completion as well as their emotions. This app offers tips and skills reminders when needed.